



**A fall-wiggling good thing**  
**OOOoberfest**  
 Has happy eaters and dancers.  
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# SPOKE

A LEARNING HANDBOOK FOR JOURNALISM STUDENTS



**It's Harvest time**  
 Conestoga brings celebratory harvest traditions  
 Pages 8 & 9

WEDNESDAY OCTOBER 28, 2011

CANESDALE COLLEGE, KILGERRIE, ONT

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1000 YEARS - NO. 48

# Trick or eat

## BY BRADLEY COOPERMAN

"Trick or treat, send my love to an excellent pool of eat!" As soon the parents pass that children roam on Halloween to an explosion of hay stacks and barely contained emotions from their long-gone friends.

But this Halloween, Conestoga Students Inc. hopes that Conestoga College students take it literally and try to get something actually good and healthy for their fellow students in eat.

CSI's Fright Night for Food campaign aims to collect food for the CSI Food Bank, which is run right out of the college for students - many without any international students.

"It pretty much works on the premise that instead of work or driving for hours and a cab, etc., you trick or treat. It's a chance to give out something like items," said Trick Conestoga CSI director of internal relations and market research behind the campaign.

Those who participate and drop their items off by the following Friday, Nov. 4 will receive a thank you gift from CSI. In addition, Conestoga and the students who bring in the most food will win a special prize to really thank them for all their efforts.

If the fact that the word the word "trick" didn't tip you off

to the fact that Trick is a international student, her Halloween event certainly would be much the focus many of the same problems as other international students such as paying those fees the tuition that Conestoga pay (and having no access to U.S.A.P).

But at least Conestoga has access to food and sometimes in the area, as her dad lives here. Many international students in Canada are alone and hungry.

Despite the efforts of the CSI Food Bank, which is run by CSI director of community outreach, Tanya Schmitt, the demand simply exceeds the supply.

"We are seeing a huge increase in the number of students asking for food bank items," would say one out of 18 students are international students," said Schmitt.

She explained that using the food bank isn't a permanent solution to a problem, more rooted in lack of jobs and support for international students than simply a lack of food.

"This is part a third of solutions, right? This is an emergency food source - it's not a weekly grocery store."

Although the campaign is similar to even the Children's Halloween for Hunger, Conestoga wants to keep this effort local to the college.



Photo by student photographers

Conestoga's Students Inc. the editors Alita McDonald and Tanya Schmitt sit in CSI Food Bank donation boxes at Conestoga College on Oct. 24. CSI hopes to fill these boxes through the Fright Night for Food campaign.

"Ultimately, it's a huge issue and it's something that's starting to rear its head. I think we've reached an ink and we're realizing that there's more under the surface."

The real problem is stuff that we can't necessarily change ourselves but we can definitely do what we can to make the lives of our students at Conestoga better."

Schmitt agreed with the sentiment.

"We're always looking for donations. Anything will help and I think it's a great thing for us to take care of the people in our little community as much as we can."

This weekend is the first time that students banded

together to help the food bank. McDonald said currently the second year marketing class donated collected \$100 and some food for them through a fundraiser.

She said the protection, security and investigation program collected over 90 kilograms for the food bank earlier in the semester.

## Conestoga Students Inc. has million-dollar budget

### BY TONY HARRIS

Conestoga Students Inc. receives more than \$1 million a year, thanks to fees paid by students.

Every fall term Conestoga students have to pay fees to CSI in part of their tuition every semester. According to CSI president Dore Byrne, students pay approximately \$185 each to CSI every semester.

One of the largest fees collected from students by CSI is the association fee. Most of the money is used for services, representation and activities.

However, CSI keeps some of the money for office supplies, equipment, conference, training and salaries for CSI members.

By the end of the year CSI will spend approximately \$401,900 on services and activities specifically geared for students. Donations students pay \$27.50 per semester, Western students \$25 per semester and Graduate and distance students \$9 per semester. The fee varies from campus to campus because the services and activities provided vary greatly. Last year's association fee was \$87.50 per semester for Don-

estoga and \$13.50 per semester for Western students.

Some of the services provided by CSI include the Banquet hall, open access lab, laptops in the library, free printing, cafeteria, music, workshops and all maintenance, expenses and all other things which are worth \$2,000 each. Activities include lunch week events such as the focus with Western women job nights, seminars, events and concerts. Byrne said CSI also funded the first time fundraising in the new 9-wing at Don campus and the lounge area in the Cambridge campus with

association fees.

Students also have to pay a College Student Activities (CSA) fee. CSA is a pre-approved holding group that represents all college students in Ontario. CSA says on its website that students benefit from this alliance because they have brought about Ontario Student Association Pension increases, tuition caps and funding for college infrastructure which included the new Cambridge campus. The CSA fee is \$4.00 per semester for all Conestoga students.

Another fee which students pay is capital development fee, does not actually go to

CSI, but to the college. In a CSI referendum in 2005, students voted to pay this fee to help build a new Student Center, which was completed in 2008. Departments in the complex include the Learning Commons, Aboriginal Services and Health Services among others. CSI also was a partner in this money to run their offices. The capital development fee was \$12.75 per semester for all Conestoga students.

Finally, students pay \$27.50 per of the CSI Health and Wellness plan, but are free to opt out if they already have sufficient coverage.

## Now deep thoughts ... with Conestoga College

Random questions answered by random students

What Disney character  
would you be and why?



"Snow White because her mother read this to her when she was younger."

**Shweta Gulman,**  
first-year  
human resource management

"Cinderella because she has the best looking prince."

**Charlene Bhatt,**  
first-year  
public relations



"Marilyn because she has a great I like this attitude."

**Tanya Vashovic,**  
third-year  
business marketing administration

"Captain Jack Sparrow because he is a leader."

**Mike Karamanian,**  
third-year  
business administration—supply chain and operations management



"Stray Dog because he is sleepy and has to help people to take him through life."

**Erin Layton,**  
second-year  
office administration—marketing



"Moby Dick because he is always on some kind of adventure."

**Barth Black,**  
first-year  
executive office administration



# Fitting rooms used as storage

## People in wheelchairs often frustrated by lack of access to mall change rooms

By **JOANNE KOTZ**

Wheelchair accessible fitting rooms are not that accessible.

"Have you ever went shopping for clothing in the mall and noticed that the fitting room you tried to use is already being used as a storage?" Katie Schmidt has.

Schmidt is a first-year journalism student at Conestoga College who owns a wheelchair. Visiting clothing stores in Princess Park Mall in Kitchener and various malls in Toronto, she has discovered that fitting rooms are not easy for her to use.

"The fact that these stores are getting away with using those wheelchair accessible change rooms for storage is unacceptable," said Schmidt. "Not only is it disappointing the customers like me who would like to purchase items from these stores, it is a human rights violation."

The Toronto Accessibility Design Guidelines website says the guidelines are based on the human rights principles of respect, dignity and inclusion. The guidelines are a key component of the city's accessibility plan and most

of the city's departments under its Plan of Action for the Elimination of Racism and Discrimination.

The city's official plan states they are a key city building principle that public buildings, parks and open spaces should be open and accessible to all members of the public.

Specifically, it states "A wheelchair accessible change room must be in all stores along with a clear floor space allowing a person using a wheelchair to make a 180-degree turn."

Not only is Schmidt upset about the fitting rooms, she is also worried about access to the stores in general.

"I tried to go into one store and had to wait all the while out of my way as when I got through," she said. "They had us up all of their stairs in the middle of the door. It was even difficult for walkers to get through. Thankfully the ladies were on wheels, so they were easier to move out of the way."

There is another rule regarding space in the accessibility guidelines. It states "Entrances and egresses can result in tripping hazards

and limited movement. Aisle and corridor widths can also be obstructed, limiting the maneuverability of persons using mobility aids so, these should be reviewed."

In stores in the mall, these rules are not being shared by it to the law for every store to keep the fitting rooms open for the community to use when a person needs it. Is it also may use it without others.

"Stores like that simply show the lack of employee training regarding disabled customers," said Schmidt.

"Accessibility is not a government sector or a private and based on a personal complaint," said a person who refused to give her name who answered the phone at the Office of Equity, Diversity and Human Rights. "We expect that the person say there will be their business elsewhere, or ask if your money is not as good as the money of a person without a mobility disability."

"It is frustrating and offensive that stores like this will happen in today's society. We have come a long way in terms of equality and access. Still, but we still have a long way to go," Schmidt said.

# JOIN our team



The Respect Program invites every two months to organizations across our campus that promote respect!

Learn more and sign up by visiting the Student Life Office (Bldg. 2304-25)

## Promote Respect AND host events!




www.conestogacollege.ca/respect

Only Conestoga, you could be up and independent

# Random Act of Kindness Day Nov. 4

By HANNAH C. MCKINLEY

Hold a door for someone made at a random person and greet them with a "hello". There are many ways to demonstrate respect and Concordia College encourages you to be the difference during the Respect Campaign.

The campaign is designed to support and increase respectful behavior throughout the college. It also creates awareness of the diversity of students at the college level, and to educate the community on how to interact in respect to.

The Respect Campaign has several events throughout the year that are both entertaining and educational. Random Act of Kindness Day is on Nov. 4, which is also a Western Reserve anniversary through the Richman-Watson Foundation. It features a number of activities to encourage people to think about how they can do a random act of kindness for someone.

Welcome Back Day is the first day of classes in January after the Christmas break. The last week of February and the first week of March is Respect Week. These activities increase the diversity of the college through different events hosted by the Respect representatives located at the Respect Student Center.

The Respect reps are student volunteers from all different age groups, experi-



PHOTO BY HANNAH C. MCKINLEY

Respect students Shelby Foster and Molly Martin were promoting the Respect Campaign at the Respect campaign table informational booth on Oct. 12.

ences and perspectives, such as welcoming and respectful group of people. They need a lot of time to plan, coordinate and develop their activities.

"It's a great opportunity for students to get involved with the Respect Campaign and how they can best be the difference we are celebrating," said Student Life program officer and Respect Campaign coordinator Ryan Carroll.

There are also Respect representatives

which are paid student staff members. They help get the message out on campus and help present Respect roles are available to first-year classes.

David Frothingham, a Respect leader in second-year level student internships, said he takes great responsibility in being a leader. He knows his many skills in the volunteer and makes sure people are respectful.

"I would have to say I am a great deal of students show

respect, on campus. From saying "thank you," teachers, to making doors open for the people behind them. The campaign has been a huge success," Frothingham said.

While promoting respect to the college, Emily Shanks, another Respect leader in her second-year of increasing and learning, says being a leader and meeting new people.

"I believe that the Respect Campaign strongly can contribute to the welcoming and

inclusive environment on campus, and truly welcome the student experience," Shanks said.

You may have seen posters all over the campus that emphasize how respect is being shown through the "I think You for Being the Difference" series designed by graphic design students. They are there to remind you that small acts of kindness can have an impact.

According to the Respect Campaign announcement for 2010/2011, 50 per cent of students agreed that the poster series helped in creating awareness about the diversity on campus. The campaign goes through several activities at the end of each year to make sure that all the goals and objectives are being met. They are done through surveys and evaluation forms.

This year, Respect T-shirts are available at the Concordia Bookstore for \$11.45 plus tax. It was created by graphic design student, Kaitlynne Peters, with proceeds supporting student groups and initiatives.

"We all know what respect looks like. We all know what disrespect looks like, but the challenge is that not all of us have the necessary tools to confront disrespect when it happens," said Carroll. For more information on how to get involved in the Respect Campaign, and other initiatives, visit [www.concordia.ca/actofkindness](http://www.concordia.ca/actofkindness).

## Was this a chronic case of washroom humour?

By JAMES WHELAN

If you go to the Concordia campus, you're bound to see two things: a whole lot of engineering students and potentially one of them, nearly walking into the wrong washroom.

It's not because they lack the ability to correctly read signs. It's because for some inexplicable reason on the first floor of the building, the male and women's washrooms are reversed compared to every other floor.

This constant mistake occurs because on the first floor of the building where the lab, library and classrooms are, the men's washroom is on the right side and the women's is on the left.

On the second and third floor, where classrooms fill the majority of the space, the men's is on the left and the women's is on the right, creating the slight confusion for students who are running to

the washrooms on their laptops.

Take Tyler Little for example, who is in his first year of electrical engineering. He nearly went in the women's washroom on the first floor. "I almost turned, but I turned back."

The mechanical engineering design and analysis student shares Simpson, who also nearly made the same mistake. "I almost went into the girls' washroom," he said.

It may not be the biggest issue in the world, but if you ever do make your way onto the Concordia campus or if you're already there, chances are if you stand by the bathroom on the first floor you're more than likely to see a student running to go into the bathroom after their hands, not bothering to look at the signs and almost entering the wrong washroom. A mistake will appear on their face and they will quickly have turned and go to the right one. I



PHOTO BY JAMES WHELAN

Brook Thompson and Alex Valpy were pictured at a sign outside one of the first floor washrooms at Concordia College's Engineering Society on Oct. 14.

know I saw one person do it outside the washroom, and I know others have seen it as well, or more likely done it themselves.

# Tactic won't work

by ANDREW BLAIR

The government thinks that picture images (taken on people's faces) will stop the 15 per cent of Canadians who have been or will be addicted to their "cannery stick." What they don't realize is that it takes more than just a scary picture to "kick the stick."

There are many things that smokers have to deal with while trying to quit their habit. During the harrowing week in front of them may be that last damn cigarette, alone and not going to make a 25 per cent nicotine quit.

Health Canada revealed the 16 new anti-smoking labels Sept. 27. The graphic images, according to *The Canadian Press*, include a cancer-infected mouth and a discolored photograph of former Canadian model, Beth Turbin, who became an anti-smoking activist before her death from lung cancer at age 42. The images will be printed over 75 per cent of the cigarette packages. The hope is it will act as a deterrent, but it won't be successful.

In the U.S., a new series of images were put on cigarette packages in 2007.

In an article posted on ABC News, Tuesday Edgar, associate professor and graduate program director at New York's Yeshiva University in Manhattan, wrote, "Most already know that smoking is dangerous, the point of these pictures is the shock value. On the one it rarely works."

Edgar said "while the campaign may distract some smokers at the start, the non-conviction tactic may not have enough to kick the habit for good, if at all."

Canada spends billions of dollars on hospital, pharmacy and drug costs for the 45,000 Canadians who die each year from tobacco use.

There are ways to avoid the images. In the U.S. which are being viewed for their cigarette packs.

Smoking is only one of many issues that lead to death. You don't see the effects of obesity posted in fast food restaurants nor the effects of when someone is on many sedatives. And you don't see the effects of alcohol on someone on your way to work or home of liquor.

You can keep creating images or you can develop a way to help smokers quit. Support groups, counselling and medical replacement therapy are only a few of many methods, according to the Canadian Lung Association.

People have used the weapons and they know the consequences. Instead of rubbing their faces in it, we should be encouraging them through support and work with. They may be addicted to the "cannery stick" but if money was spent wisely we could change that.

The artist herein expressed the position of the cigarette pack, not necessarily the author.

## Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be published for no fee.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication. Letters containing abuse to the editor, Spoke, 2995 Don Valley Dr., Room 1230, Richmond, Ont., M9B 6H4.



Everyone and their mother wants an iPhone 4S

# Halloween goes slutty

It's no longer about candy and UNICEF

It's the rancorous race of the promotional pumpkin. Every year I think it can't get worse and yet somehow it does. At least part of it of the pumpkin grew up, but puberty and sexual frustration kept it from being a good thing.

Spanning the line between fall and winter, plenty and scarcity, life and death, Halloween is a time of celebration and superstition.

The festival dates back to the 16th century, when an estate was All-Hallows-Eve, back then the word "even" was short for evening.

Halloween is thought to have originated with the ancient Celtic festival of Samhain.

Nearly 2,000 years ago people would light bonfires and wear costumes to ward off roaming ghosts.

The festival was adapted by Christianity in the eighth century. From



Nicole Johns Opinion

British, girls were dressed up as ghosts, using only body paint or paintbrush with just an orange cone down fairly common then was wearing around an actual patient level.

In Halloween just an excuse to catch their state back? This is a phenomenon I just cannot understand.

I found the point when Halloween stopped being about candy and trick-or-treating (PUMPKIN) and became a time of all about becoming ladies of the evening, who were black leather, thigh high, corsets and lipstick and a new yellow thing. I am concerned not only for the preservation of the family but the current things that are the result of these slutty pumpkins.

My advice to you, come up in October, which means it is October. You are going to get cold. So eat some candy corn and wear a sweater!

## SPOKE

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PHOTO BY JENNIFER MILLER

Debbie Welch holds up a (left) one-half dollar coin, Robinson's Market, at the St. Joseph Farmer's Market in Waco on Oct. 28.

## Farmer's market a great holiday shopping stop

By ALFRED MUELLER

Uncoopering temperatures and shorter days are neither what most people need in holiday season.

With Thanksgiving and Christmas well behind us, October, many people use the halfway (or November) to prepare for winter holidays. Or, November 1, at least.

For those who prefer to think ahead, they won't even through the bushes are that everyone else every will a week before Christmas, saying to feel last minute gifts for 60 per cent of their recipients here - it's time to get the ball rolling.

Miss November, a first-year nursing student, said, "I always do it early, as early as possible." He added that over the past few years he has the idea he shopping by the first week of December.

Where is all that ball though? The weekly stop, St. Joseph Farmer's Market, offers a variety that can easily put about any idea around. "I've never done any Christmas shopping at St. Joseph's before though," said November.

Open on Thursdays and Saturdays year around, the marketplace is filled with stores selling everything from grocery items to fun children's gifts.

It's a place that takes a while to shop, however. Being a popular destination that grows in popularity as gift giving around approach, a little time is needed to

get from place to place and to leave along the way.

Tina Robinson's Market, for example is a large craft store selling no-name-made flowers, (garage, soap, jewelry and more items of the items on the store can make by hand also. As for the market, Debbie Welch and her family Welch will happily tell stories of items in the shop, some collected from her travels. "The necklace I picked up in Mexico," she said, pointing to a necklace that to match the store around her neck. "A man was making and selling these there."

Welch's store was relatively quiet, with most of the people being in the food market. Though there are hundreds of items such as breads, pastas and ready as well as various food items the globe, such as Egyptian cheese.

St. Joseph's Two Community right on the edge of the market part of the food market, is growing as for weeks as well. "I just got up to my" store manager Bob Kordel and pointing at a table that were empty. With the cold, many people the store has been longer than ever.

"I've had people asking about Christmas stuff," Kordel added. Welch's store's popularity growing, because of the beverage are an easy gift idea.

So whether you are in need of something big or small, fast or inexpensive, head to St. Joseph - you are sure to find what you are looking for.

## Find new ways to relax

By ANDREW DOUGLAS

"It never like me to be a girl with it was not money but it was a result."

Charles Dickens captured the essence of what many of us feel when we can't get a little bit of fun, light a good power up the home, but when does stress relief turn into addiction?

According to Marshall Chanda, one of Georgetown College's counselors, addiction is described as an excessive use of substances, services and activities that interfere with a person's daily routine.

However, for those who are addicted to a substance with

an addiction, it's often impossible to turn their daily routine and their relationship to it is often threatened to simply keep a vice to relieve stress. In this case, how much a person becomes aware of a potential problem?

According to Chanda, the thought could come externally to the form of a close friend's comment about how a student's complete absence from a class or missing a sleep in public. When these signs of compulsion become frequent and can be directly linked to excessive use of substances or activity, it could indicate signs of addiction. Sometimes, though, this isn't the case.

We surround ourselves

with people who share our same interests with us, in this case, it's smoking pot or taking a five-day trip in a car. I would use it with a group of friends. Therefore, the support a person needs to successfully quit an addictive activity is made far more difficult. In this situation, a person must take a step back and ask himself what his relationship to a certain drug or activity is and why.

For some, it may be explained by a predisposition to addiction or by having an addictive personality.

"If someone has an addictive personality, when they're faced with stress or

challenges or strife in their life, it can certainly be a reliable tool or dependency solution as a means to cope," Chanda said. First and foremost, he said, a student should seek the help of someone who can advise on ways to positively cope with stress. For students, who often believe the pressure of doing well on assignments tests and stress with guilt trips and feelings, it's worth to try off on a student's brain finding ways to manage stress positively is unacceptable. In fact, the counselors at Georgetown have put together a collection CD that teaches breathing exercises, music

education and meditation techniques.

While Counseling Services will do everything they can for a person who feels as though they're lost a control of their addiction, in extreme cases they refer students to St. Mary's Hospital which offers its own on-site approach.

According to the hospital's website, new emphasis on "personalized treatment" and individualized review their lifestyle, identify changes they might like to make, and help them develop the necessary skills to make those changes." St. Mary's also offers services in form of therapy.

# Local antique store full of collectible delights

Market Road Antiques offers everything from grandfather clocks to old vinyl records

By ANN KROENKE

Walking through an antique store is like a trip into coastal gothic.

Antique stores are almost more than just grandfather clocks, early ceramic figurines and 100-year-old furniture. You'll find lots of out-of-the-ordinary things ranging from obscure music books, to tiaras, model cars and collectible coins. In addition, they also have jewelry, furniture, dishes and teacups. Even if you don't buy anything, just looking at the collector items can make for an entertaining afternoon. It's not all about the big bucks, but without the find, you'll still profit.

Market Road Antiques is owned by the same family that owns the St. Jacobs

Peacock Market. It is located at 945 Victoria, right across from the St. Jacobs coffee mill.

The store has moved to an antique store for two and a half years - before that they sold market fresh food. Like the farmers market, it has the latest vendors selling different things, however you get them everything at the same desk and run one desk and market. The vendors aren't always at the building, but there is always the regular staff ready to answer questions and help you purchase the more expensive items that are looked up. There's something there for everyone, according to the store.

Market Road Antiques is owned by the same family that owns the St. Jacobs

"We got a little bit of every-

one here," Johnson said. "Argued everyone, an old lot of antique houses, furniture, a few weeks ago we had lots of people buying tables for Thanksgiving. We even got people on horses every now and then. We got about the same number of customers from a very big group."

Each vendor's section is divided by table, wooden table or shelves. The building is well lit and decorated with light brown and white. Each music play quietly in the background and for the most part, people talk quietly. It feels like there's a lot of people, but it's comfortable in a job.

Market Road Antiques has a 30-year history, started exclusively in the early 1970s with a large variety of musical styles. Lots of famous musicians and bands are available to sell.

The antique store also has plenty of old items from various places around the world. They have a section called the "Old" section from the 18th, 19th, 20th and 21st centuries. They have a section called the "New" section from the 18th, 19th, 20th and 21st centuries.

and even multi-colored items from Australia. They also have collectible plates, ranging from 19th-century plates to Star Trek. The store has plenty of jewelry available for both old and new.

For top collectors, there are lots of Star Wars items ranging from the early '60s to more released in the last few years. They have a 19th-century antique store that includes furniture and even a 19th-century 1820s antique (a 19th-century 1820s antique). The store has a 19th-century 1820s antique (a 19th-century 1820s antique). The store has a 19th-century 1820s antique (a 19th-century 1820s antique).

The antique store has lots of music, including vinyl and CDs, including some hard to find ones. There are antique stores, including some hard to find ones. There are antique stores, including some hard to find ones. There are antique stores, including some hard to find ones.

Hardy says some money can be made, and in good hands. They have a hard work, but look at it in 1990, a hardworking book, bringing every third page of the New York Times from 1981 to 2000, and another book about how much work has changed throughout the years.

Speaking of money, they've got hundreds of items available. There are early 19th-century items, including a 19th-century 1820s antique (a 19th-century 1820s antique).

There are also antique stores, including some hard to find ones. There are antique stores, including some hard to find ones. There are antique stores, including some hard to find ones.

## Canada Career Week Events

Don't wait until you graduate - start thinking about your career today with these great workshops during Canada Career Week.

November 1 - 10

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- November 4 1-2pm Room 2012 (Open)

Log onto MyCareer to register, or check out the extensive resources for career planning on the Career Development web.

(From The Student Portal, click on "The Career" link)

CONSUMER COUNCIL OF CANADA

## How much caffeine is too much?

By ANN KROENKE

Is this the first thing you do every morning before you go off to class or work? You stop off at Tim Hortons to grab that cup of coffee or cappuccino or head to the local convenience store and pick up a 12 ounce can of sugar-laden energy drink loaded with caffeine.

You're probably aware of the benefits of caffeine. Moderate amounts can temporarily enhance mental alertness and improve reaction time. It also increases the flow of digestive acids, and reduces stomach muscles such as those that control the

stomach. Caffeine can also improve athletic performance by temporarily increasing muscle strength and endurance. The caffeine in two cups of strong coffee increases the body's ability to burn fat for fuel.

But how much is too much? It's not uncommon for people to have more than one flat-topped beverage a day. According to Health Canada, the recommended caffeine intake for healthy adults is no more than 400 milligrams per day. That's approximately three cups of coffee.

However, too much caffeine can lead to headache, irritability and insomnia and

lower the body's absorption of calcium by acting on the stomach wall in reverse.

It is recommended heavy coffee drinkers should either decrease their milk, low fat yogurt and other high-calcium foods or take calcium supplements.

When taken in excessive amounts, caffeine can also produce nervousness, heart palpitations and increased anxiety.

How can you limit your coffee intake? On the Tim Hortons home page, a website guide that lists all their products and the amounts of caffeine found within them, for example a large coffee has 140 milligrams, a large iced coffee has 150 milligrams and a large iced cappuccino has 120 milligrams.

The best way to limit the amount of caffeine is to reduce the size of your coffee. Or, if you don't want coffee on a heavy day, try a small amount of caffeine. A large dose of caffeine has more milligrams of caffeine. Caffeine is also found in many soft drinks. Try to avoid high caffeine energy drinks which contain anywhere from 140 mg to 400 mg.

If you must have an energy drink, consume no more than one 12 ounce can.



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# The Beat goes Bavarian

By **DOUG SMITH**

It was a traditional Bavarian festival topped up with the soul of a guitar, the thump of a kick drum and the roar of a crowd. It was Rocktoberfest 2011.

The event took place Oct. 19 at the Ritzmaier Amphitheater.

Put on by 94.5 The Beat in partnership with Oktoberfest, the event brought out tens of thousands of fans.

While the beer flowed and the scheduled music, more filled the And also the life a stage.

The celebration started out the night on an overcast side. The rock band out of Ottawa has played all over the country.

And then there was Chastar. The Canadian rapper, whose career peaked in the '90s, came out to show the people what they've been missing.

And their opponent. It was more out there and he pulled out all the stops. Even though the first sets were well received, it was apparent that there was more the crowd had been waiting for.

It was the Ryan Osechamps was no exception.

"It was really sick," he said. "He was amazing."

And best but not least, Redman Soundcheck took the stage and opened the unmissable yet muted crowd with their electrified sound.

It was totally sick  
— Ryan Osechamps

"They're my favorite band," said Soundcheck's Dan Korman. "I've seen them whenever I can and this was a really good show."

You couldn't help but be a Soundcheck fan, however, because they were free.

"There's nothing quite like it," said Rock morning show host and 94.5 for the night Carlos Hernandez. "The only way to get in is to win tickets. We give tickets away every year, and every panel of that."

Over the past few months, the first prize out tickets for the show, through contests and special events.



PERFORMER CHASTAR WERE Ottawa's Chastar performed at Rocktoberfest in the Ritzmaier Amphitheater on Oct. 19.



Right: Redman Soundcheck performed at the event along with the Redman Soundcheck and Redman Soundcheck.



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# Harvesting 1914 history

By TERRY WALSH

Welcome to 1914

The Deans Heritage Village is a place where people can relive the time of simplicity and hard work.

On the day of fall harvest, the average chocolate brown and reddish leaves are crisp and emit a faint crunch as visitors walk on them. The piles of bales and clusters of bannocks appear their approach to the Martin House where visitors could explore the wonder of apples.

The smells of fire and meat from Ellsworth's roasts as visitors prepare for fall harvest by sharing a pot of apple butter and peeling and cutting apples for reheating also known as the drying of apples, German style.

Victoria Kuhn, a 1914 interpreter, said "Take your apples, peel it and cut it into quarters. You then take your knife and take out as much of the core as possible leaving them in quarters. Next you put them on a skimming rack for them to be brought out, only to the wooden building outside. The woodchuck is brought in an old German drying dryer that rotates a day long and then the apples are left in them for 14 hours or more to dry."

A cheap commercial way of making money, apples are a sweet source of revenue for early settlers, with most farmers having a stand.

colored on their land. At the turn of the century, the demands for apples started to increase exponentially, so harvesting in a perfect way to preserve a piece for they would not spoil.

It was also kind of like a hangout on Saturday night, it would be just like a party.

— Graham Eby

On a perfect Monday after noon you can find children grinding wonderful apple in order to produce apple cider which is demonstrated at the German-British Farm Apple that fell off the tree, either bruised or a little bit wormy, are made into cider. Cider, cider, cider.

Cider expert, Marie Kake, said, "So you can see there is a wheel to turn that is actually filled with screws and rollers that roll up the apples and shred them into a pulp. Once the basket is full, we put the weights on it and use the handle

been to press all the juice out of the apples and wash them at a table under the hose. So now you can either have it or you can drink it right away."

In the meantime, the smell of apple pie and German apple pie which has cinnamon sticks through the tin, tantalizing visitors as they walk along a leaf

covered path to the Becker House. They are greeted by a beautiful garden, and a white wooden gazebo as they enter the typical house of a historical tradesman—timber, furniture and more in storage.

In this photo on the left is a photograph of a man in a shirt covered in the with 11 photos of families, houses and events. Around the corner is a dining room with windows that cover the entire table and a kitchen that is especially used to make many goods and delicious meals and desserts.

Just like the house was made that is provided, people would do all the housework by hand and happy, and by 1914, even by train in order to buy items as small as a needle to as large as a truck of wood.

Graham Eby, store clerk of the dry goods and grocery store, said "This would be the best out of the only store in the village, if not the only one and everything you need all you could get here. You would have to imagine that the counter would be full of items and baked goods because he would have to supply food and items for every one within the area."

Take your apple, peel it and cut it into quarters. You then take your knife and take out as much of the core as possible.

— Victoria Kuhn

The old-fashioned phone system, mechanical equipment and electricity are a source of competing with other power stores.

"The electric lights kept the business running because before would work with a

was dark so they would be able to see it and do some shopping. It was also kind of like a hangout on the Sunday night because they sold ice cream and would stay open until 11 p.m. It would be just like a party," he said.

Cash, credit or goods were taken in exchange for goods which was an advantage because other competitors would only accept cash.

In a timely manner, visitors walk past old down on wooden planks and stairs and play.

With a traditional wooden game outside the Becker House is the way to the main part of the village, which is mostly built. People would come to the market every second or third day to get small bits of meat. The larger cuts would be cut in the back behind a door in a shed which divides the store from which is filled with meats and hanging meats from the meat curing and

meat curing area.



The railway station makes it easy for people to access many available products. The Grand Trunk and Canadian Pacific railway connected small rural communities in places as far as Montreal from a cost of 10-15 per unit.



PHOTO BY TERRY WALSH

The smell of apple pie filled the kitchen of the Martin House as Catherine Kuhn made a German apple pie filled with apples and raisins for visitors to try as they walked through the 1914 house.



Marie Kake and Victoria Kuhn show up historical apples for visitors to try as they walk through the German-British Farm for visitors to drink.



Separate kitchen where a lot of apple butter that is served at the Martin House.



Good and ready, this friendly pig would have been used for soap in 1914, but at the Great Backlog Village he is just a pet.



Blacksmith entrepreneur Robert Bessard starts to shape a horseshoe by bringing it with a horseshoe nail using an anvil.

On right, Marie Bessard, a 1914 entrepreneur, prepares apples for the softening process, also known as the drying of apples, at the Market House in 1914.



The winery in the village was a 1914 large scale industry that used Hopyard Clashes, Blackbills and other used household timber to make pigs.

Diagonally across from the meat market is a blacksmith shop. In a village this size, one blacksmith is sufficient. From being farm implements to the placement of horseshoes on horses' hooves, blacksmiths are very versatile in a small community during this time.

Robert Bessard, a blacksmith entrepreneur, said, "All these tools are original tools, they are over 100 years old. You had to make every tool yourself because every blade got worn to be made custom."

For example, they were making an anvil in Bessard's kitchen the last horseshoe on his sword, shaping it in fit a horse's hoof. Farmers could bring their horses to the blacksmith's shop which is filled with coal and coke in order for the horseshoes to be the best made.

"The farmer would bring his horses outside the shop and the horse on all the windows were to prevent the horses from scratching their heads through the windows. They take down the arms of horses when they thought would be lost, compare it to the hoof, measure the changes that would have to be made and make them," he said.

By the time the horseshoe is ready, the horse's head is not back and fixed down so all that needs to be done is the placement and binding of the horseshoe. The need of horseshoe horses and make people would have probably made anyone sick to their stomach

and Bessard.

Like many of the shops at the turn of the century, blacksmiths usually just accepted cash but they could also accept goods.

Another important store, located near the produce office, harness maker shop and blacksmith shop, the tailor and post office which supplies men with their clothes. A horseman's suit costs



enough between \$25 and \$30, which is extremely expensive when people are only making a \$10 a day.

Bessard's, Service Tailorhouse said, "He would cut make women's clothing because the styles changed too often where men's fashions would last a lot longer. Most men would purchase a suit from a tailorhouse, which would sell an standard woman which made them cheaper, more like \$10 to \$15."

To measure because the tailor sold them such as shirts, collars, hats and underwear.

Over in the next room is the post office where friends and relatives would pick up their mail every day. Since the tailor is located beside the post office,

he is likely to be able to bring in some goods for his business, said Toffenre.

Other attractions in the village include a railway station, a winery, a park, a tavern, a rope shop, a freight church and a fire hall all within walking distance from each other.

It was at these times people where small villages like this one became the developing points for seasonal activities for farmers and surrounding areas. Newspapers, electricity street and telephones were changing the way the villages lived. Because of the changes at this time, the turn of the century became a period where the outside world was no longer a foreign place.

# Ziggy-zaggy-ziggy-zaggy-woof-woof-woof!

## Hounds and hosen

By NICOLE JONES

Have or share the show would go as an all volunteer assembly to help animals out, assemble obstacle courses and fill kiddie pools with dog treats. The rainy weather on Oct. 15 didn't dampen anyone's spirits as most families that expected showed up with their canine companions to celebrate Oktoberfest dog, go style.

"The dogs don't care about the weather," said Janet Hansen, a K-W Humane Society volunteer. Even though the wind was fierce and the rain was cold, people came out and put downed water parks over their lawns.

Playing several style games such as barrel rolling and water hunting and taking part in obstacle courses

and relay races DOGtoberfest enthusiasts and their furry friends took advantage of the festivities.

Not only was it a treat for dogs, people and water elements, but the event was also a social gathering for dogs too. Elmerwood, a Great Dane, made friends with a much smaller Dalmatian, while Charlie, a 14 week old Boxer, made friends with Glenn, the hound.

The day was also open to some more events, including under Polaris Dalmatian helped dog named Steve.

Even though heavy rain, people that expected showed up the day was successful, according to K-W Humane Society volunteer.

DOGtoberfest is an annual event at K-W Oktoberfest and was presented by Polaris.



Above: Charlie the Boxer puppy gives his owner Rebecca Smith a big wet snuggle.



Far left: A juxtaposition in dimensions: Charlie (top left) and Glenn (bottom right) take their massive size difference and make friends with each other.



Left: Only 10 weeks old, Charlie was in great playing his first "tubbing for fun" game.

PHOTOS BY  
NICOLE JONES

# HOROSCOPE

Week of Oct. 24, 2003

## Aries

March 21 - April 19

Take a chance this week you regret the things you don't do more than the things that you do.

## Taurus

April 20 - May 20

If you've enjoyed romance this week it's only because you've done some thing worth fighting for. Don't look down.

## Gemini

May 21 - June 21

Love will be in the air when a love-avoid stranger enters your life this week.

## Cancer

June 22 - July 22

Hope for the best but expect the worst. That way no matter what happens to you this week, you'll be prepared.

## Leo

July 23 - August 22

When someone says you this week try and see it through their eyes, most bad deeds are simply misunderstanding.

## Virgo

August 23 - September 22

A friend will become a foe this week and a foe will become a friend, see that happens on a lesson about how nothing ever stays the same.

## Libra

September 23 - October 22

If you think happiness this week you'll never find it, live your life to the best of your abilities and happiness will surely come.

## Scorpio

October 23 - November 21

When everything all goes wrong and before you it's not the end of the world, it's just a reason to create a life worth for you to live.

## Sagittarius

November 22 - December 21

Have faith in those around you, it will pay off soon.

## Capricorn

December 22 - January 19

All the time that you spend looking someone in time spent looking out on all of the beauty going on around you.

## Aquarius

January 20 - February 18

Just because something is wonderful right now doesn't mean that it won't turn into something worse in the future.

## Pisces

February 19 - March 20

If you have a friend you're only hurting yourself, remember that when you do something stupid the world.

James Wilcox is the resident astrologist who passed into the ether and now is getting back at him, causing the universe to unfold before him.

# Chixdiggitt finally releases new album

By JAMES SMITH

What do you get after 20 years and a lot of lawsuits?

If you're rock rock band Chixdiggitt, you'll get the best thing you've ever done.

After two decades in the business, Chixdiggitt's own punk spirit has been finally released through their own independent new CD *Delirious*. From *We Came on For Words* Chixdiggitt, a following in 2001's *Chixdiggitt II*.

There aren't the only ones who are impressed with the new tracks. Being called "a musical return to the world of music," by punkers everywhere. Alternative Press magazine labeled the old album "the underappreciated Canadian pop-punkers," adding they want to have their own a best period of democracy to mark the new school what it's all about.

Ed Jensen, lead vocalist and guitarist is pretty excited about that way it's turned out.

"It's the best thing we've ever done. I think the long time between records gives us and our previous recordings time to breathe," he said.

Although Jensen admitted "a combination of regular lives getting in the way and a lot of lawsuits," as top of our about touring as far means for the band's five-year hiatus, he says they've been back in the studio working on new stuff which is just what they needed.

"We're getting better with every recording. If we didn't feel that way we probably wouldn't record anymore."

With a new tour on the go, including stops in back London, Ont. on Oct. 28 and Hamilton on Oct. 29, and after coming in to the studio all over North America, Chixdiggitt is changing some fully after all this is when they've always been working toward.

"That's one thing that's changed from when we were

19 and could get in the van and go on tour for as long as we wanted," said Jensen. "We have to be really selective with what we spend our time on."

On top of currently being on their 10th anniversary Canadian tour, Chixdiggitt also has a Christmas album that has been in the works for months. With all these plans, Jensen couldn't be happier when he says, "We'll be busy like we always are."

Being on the road once before some of their new fans were born might appear to take its toll and become for her but Jensen appreciates their ongoing support.

Twenty years. There's seemed that long to be honest, he said.

"In that time I've probably learned almost everything that I currently know. Being on tour is the ultimate education and I would not change a thing."

"We're busy busy busy."

# Students 'want beer' at Oktoberfest

By JOHN SMITH

Students "want beer" at Oktoberfest. "We want beer" school a chant that was repeated throughout.

Conestoga Oktoberfest party. Conestoga students participated in what has become the largest Oktoberfest festival in North America on Oct. 15. The party was dedicated strictly to Conestoga students. Alcohol was served. However food was available and the new vintage were on hand at the Oktoberfest. There was a lot of the eye could see heard the crowd there. The event was a part of the annual Oktoberfest celebration that is held at the region.

I started with me, which was deemed to be too late for some students who had parties too early. "One way just get up and started dancing on the table and we had students," laughed participants. Conestoga students. Last November.

The party was well-attended despite the unusual cold weather. Students were about 100 in all. It was a "perfect place" to have the event, and first-year student. Childhood celebration student.

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transportation from students.

CSI did not organize the event, but supported it through table sales and by providing.

"We all go to show our support," said Chris Harris, CSI president.

Students also said table sales were the main attraction.

The dance floor was packed closely to police, which Police Officer said he liked.

Police students and photo (1) was required at the entrance. In addition, students were patrolled down by security officials.

The dance to get into the party started smoothly throughout the entire event which pleased students.

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Empire State	Foundation	Foundation	Foundation

CONESTOGA

CONESTOGA

CONESTOGA

CONESTOGA

# Auto enthusiasts roll into Kitchener



PHOTO BY GORDIAN BAILEY

People trail behind car enthusiasts from the region descended on downtown Kitchener Oct. 15 for the Oktoberfest car show.

By GORDIAN BAILEY

Despite Mother Nature's gloomy mood, automobile enthusiasts gathered in and out of space at an Oktoberfest car show Oct. 15.

A variety of classic and modern cars lined King Street's curbs creating brave enthusiasts who fought the rain and harsh, cool wind. Families and collectors alike were treated to a selection of classic cars that included a vintage Porsche and a Volvo Race.

Although the weather put a damper on the mood, car owners were eager to share about their cars as enthusiasts were to browse and bid.

Clinton McFarlane and Trevor Peth walked proudly beside their cars in a motley of blue Hyundai Tucson and

metallic white Lotus El, respectively. Despite the weather, and less than expected turnout, the pair seemed satisfied.

"We go to a lot of shows and for the day it is that is a pretty decent turnout," said Peth. "It's nice to see all the other cars out too," he added, referring to the many owners who had to take their cars out of storage for the event.

While looking for their many car's help, but notice the multiple, pill bugs collected Volkswagen vans parked outside of Market Square. People remained on park lawn while curious children inspected the unusual look of cars.

Meanwhile, across the street a 1912 Ford Mustang

belonging to Lee Jakes attracted a crowd of its own.

"I'm a car guy and I enjoy looking around car shows," said Jakes. "I have more cars that I usually bring out but unfortunately the weather didn't permit me to do so today."

Jakes was one of the many Mustang owners expected to attend the show. However, due to weather conditions many of his Mustangs did not go to participate.

In addition to the interesting cars, vendors headed downtown to celebrate the final day of Oktoberfest where they were treated to live music and food food. Two stages featured live music while numerous food vendors set up stands around the Market Square area.



PHOTO BY GORDIAN BAILEY

Trevor Peth (left) and Clinton McFarlane admire McFarlane's Hyundai Tucson at the Oktoberfest car show Oct. 15.

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# Conestoga grad making her mark

By JACQUEE MARLEY

She wanted to be the first female prime minister until Kim Campbell rode that tide from her.

Lisa Barker, 32, is pretty as one hot, hot in person. She dreams big but also works to make her dreams become reality.

Her friends describe her as a motivated, supportive and hard-working woman great problem for someone wanting to be such her own magazine.

In October 2010, Barker got the idea. One year later her dream is almost within her grasp as she prepares to launch *Think and Feel* on Jan. 1, 2013.

**I mean seriously, who starts a magazine only to help others? Lisa does.**  
— Sasha Zengul

Barker went to University of Toronto for international relations and graduated from the journalism program at Conestoga College. She has worked in the library at Conestoga, identity magazine for men, and has done internships for the Ottawa Citizen and Coughlin Murray.

But her inspiration for the magazine didn't come from her education or workplace. It came from her personal experience with the second most common type of cancer-related disease.

Barker was 15 years old when she was diagnosed with cervical cancer. She was cured

but it returned when she was 22, one month after she gave birth to her daughter.

She had lots of questions.

"I was scared and felt alone both times but as you enter the world with what is going on with your body you get over the mental shock," she said. "You want to know what do I do now and how can I supposed to live as normal a life as possible?"

Barker founded a not-for-profit organization for women living with cervical cancer and she was part of the board of directors.

"I realized how many women had questions and answers about everyday life such as anatomy, relationships, diet, stress, fertility, menopause, career, travel and fitness," she said. "I thought it would be a great idea to continuously provide the sort of information that a magazine is able to read from the comfort of your own home and at your own pace."

The purpose of the magazine is to improve the lives in quality of life.

"I want to focus on the issues that make us uniquely women. When we go through a cancer like this we struggle with our surroundings as we have lost a part of us and feel alone in a world that maybe our friends or our ability to have children," she said.

Sasha Zengul became friends with Barker when they met two years ago at a fundraiser. Barker's cervical cancer foundation was sponsored.

"Lisa is so caring and so passionate about what she does. She strives to achieve and never gives up," she said.



Lisa Barker is launching her magazine *Think and Feel*, on Jan. 1, 2013. It will be available at Chapters and helps those issues, Canada.

"I mean seriously, who starts a magazine only to help others?" Lisa does."

She — Conestoga South Branch Foundation (CNSBF) is the 'go to' place for youth entrepreneurs. They provide young people ages 14-24, with pre-launch coaching, business resources and start-up financing and mentoring to help them launch successful entrepreneurial businesses.

Dakota Barker is Barker's

mentor through CNSBF.

"Lisa Barker is an entrepreneur with heart and passion who wants to make a difference."

That description can apply to many entrepreneurs, however, this individual is doing it all she can. Her foundation of life experience, education and life lessons are the heart and soul behind *Think and Feel*.

Dakota said many people

experience and deal situations when a friend with a book of education is that magazine will help women realize their true support.

Growing up, Barker saw many of her relatives become successful businesspeople so from an early age she felt pressure to be successful like her family.

She may not be the prime minister but Lisa Barker is still making her mark.



Barker is shown with her daughter Dakota. Barker was diagnosed with cervical cancer at the age of 15 and again one month after she gave birth, at the age of 22.

## COUNSELLOR'S CORNER: Roommates

Sharing living space with a stranger, or even a friend, can be quite different from living with your family. Things as simple as how long you stay in the shower or where to keep the jewelry can cause tensions between people who aren't used to living together. So how can you ease the transition from family life to living with a roommate?

One way to avoid conflicts is to establish some ground rules. For instance, does it drive you nuts if the dirty dishes are still in the sink the next morning? Or do you have a 'high dirt tolerance' that will have your roommate extremely frustrated by the end of September?

- Some areas to discuss include:
  - space: private versus common areas
  - food costs: shared? designated fridge space?
  - quiet hours for morning, study time and at night
  - guest policy

Living with a roommate isn't all about rules and compromises, but it'll be much easier to set guidelines now, before you start getting on each other's nerves.

For more help on this topic or other areas of growth or concern, make an appointment to talk with a counsellor for all campus locations.

A Message from Counselling Services, 1A101



## EVERYTHING IS FALLING INTO PLACE AT THE DOON CAMPUS

PHOTO BY JESSIE BRADSHAW

Second-year marketing students from Ohio walked down the path toward the Engineer's Office at the Doon Campus on Oct. 14. The path was covered in color as the fall leaves painted the walkway.

# Milestones fails to impress

For all of your life a milestone, there are many left for discovery in Milestones.

Cambridge's most recent addition to Roper Road has been keeping busy, but is it worth all the hype? When Milestones opened its doors nearly a month ago, many customers were quick to fill restaurants' benches. Luckily a last-minute phone call was able to land me a reservation for 8:00 p.m. on Thursday – the only unserved time available.

With an contemporary architectural design, Milestones is sure to entice those who travel the strip. The inside is just as elegant as the outside and is very typical of all upscale restaurants in Midtown. Light fixtures adorn the ceilings while the stained glass glass moldings add to the dim, ambient light. My friend with chocolate brown hair that, a center fringe and well-sprung hair, the interior seems like a try.

The Thursday crowd appeared to consist of couples on a work evening, couples on dates and the odd family. While some were dressed casually the majority were dressed in business casual which seemed appropriate for the atmosphere and class of restaurant.

I arrived five minutes early at 8:05 p.m. was greeted by friendly wait staff and seated promptly. We started with drinks – water for myself and a doublet Crown for the 18 year old.

On average, beer costs around \$3 with many drinks such as a moose costing \$5.45. The restaurant has a large wine



**Brendan Dailey  
Opinion**

bar with bottles starting at \$25.

The first complaint of the night occurred when our waiter, a seemingly new and inexperienced employee, served with our drinks a couple of minutes after ordering. The beer which my friend had ordered was water and almost undrinkable.

However, we decided to put the issue aside and order our food.

Surrounding the steak was a scoop of mashed potatoes, six finger shrimp, four asparagus stalks, a few cherry tomatoes and...

where is the steak?

— Brendan Dailey

At 8:40 p.m. we placed our order. Along with food bottles, the steaks at 16 p.m. and under 18 p.m. are served with coffee and shrimp (\$27.95). The shrimp were great, Chef's special beef was cooked with Cheddar and butter along with a lobster butter sauce.

At 8:45 p.m. the steak arrived with my meal. served it was a generous portion of roasted garlic Caesar salad served on a

chilled plate and covered in cheese croutons and clove of roasted garlic. The Caesar dressing wasn't overly creamy but it was strong enough to give the salad flavor. Overall, it was very good and exceptionally filling.

At 9:05 p.m. the waiter presented the main course. This food was merely presented on the plate and looked appetizing. I put into my mind to find that it was indeed appetizing. I ordered a medium. Surrounding the steak was a scoop of mashed potatoes, six finger shrimp, four asparagus stalks, a few cherry tomatoes and... where is the steak? Upon checking in on us, I asked the waiter about the chicken crab that didn't make it to our plate.

"Oh, it's all you?" I thought I told you. We're out of crab and have been cooking up on shrimp instead."

Major disappointment. I understood that there are serious are unavoidable. However, we should have been told before paying for it. This crab would not be available. Apparently, he offered to get us more shrimp for our meals. Although satisfied, we let it go in food, my further delay.

The rest of the meal was acceptable. The drink with punch and water with a smoky taste and orange taste layer. The asparagus tasted fresh and was well cooked resulting in a wonderful contrast of the asparagus and shrimp. It was served in other portions. Lastly the mashed potatoes mixed with the lobster butter sauce were smooth and creamy with a really no thanks.

Overall the meal was quite long. However, the evening by leaving until staff did not add to the experience. Aside from the confusion, they seemed to be impatient and unfriendly.

On a positive note, the service at Milestones was very fast despite a full house. Additionally, the interior decorating creates a comfortable relaxed environment that even provides some privacy to

each booth and table.

At the end of the day Milestones is simply over priced. The experience made some good but not enough for I have had had equally as good at restaurants all a home restaurant and more. Combined with the poor attitude of the wait staff my personal experience warrants a negative review.

Therefore I give Milestones a thumbs down.

## TAKING THE EDGE OFF CHILLY WEATHER



PHOTO BY GABRIEL BROWN

Feeling the sting of the changing seasons? Many students can find comfort in the warm beverages offered all over campus. All the perfect for a chilly fall day.

# Rangers excited to have Murphy back

By ANDREW BIRMAN

Rutgers' Rogers had coach Steve Spott in his back seat ready to see that his last year's most offensive defenseman back in the line up.

When Murphy was sent down by the NHL's Carolina Hurricanes to the Rutgers Rangers on Oct. 13 and it was a temporary loan, his role seemed to be back.

"I was a bit disappointed at first but I'm coming back to a great organization here in Rutgerstown. It was a real nice situation for me. I spent a while staying in the NHL, and I got sent back to a great organization," he said.

Murphy plans on doing exactly what he did in previous seasons.

"My first two years on this team, I was an offensive guy. I was the power play guy and I'm focused on doing the most important thing here for this season, I'm just going to go out there and do a number of things when I have time to do," he said.

Murphy, who had one assist as the Rangers beat the defending CHL, the Rutgers Sun Devils 5-3 at the end, played offensive defense. But did show some signs of rust. His first game giveaway had two goals.

Spott isn't too concerned



Left to right: Rookie Matt Allen, Thomas and Ryan Murphy were geared up for their game on Oct. 14 against the Ohio State team at the end.

about the giveaway or about Murphy's offensive abilities.

"I think anytime these players come back from the NHL, they think it might be easier than it is and I think it's just an issue of competing for space. He gave away the one goal there but we made light of it at the end of the game, but I think that's a

turnover like that, they're going to make him better," Spott said.

Spott is excited about what Murphy brings to his team offensively and looks forward to what he expects to see from him in what is likely, his last year as a Ranger.

"He speaks so much from the back end, he's like a

fourth forward out on the ice and he put together a lot of offense for our club. He's going to have to be one of our leaders on and off the ice," he said.

With the departure of veterans such as Gabriel Lundkvist and Matt Tancil, Murphy will be expected to take on a leadership role and

that includes staying up a lot of ice time.

"He's going to have to be the top offensive catalyst and he's going to have to run our power play as he's going to be a 20-30 minute a night guy and when going to expect big things from him this year," said Spott.

The coach isn't the only Ranger who has increased expectations.

"He's a world class offensive defenseman, probably the best he's got for creating goals offensively. We'll definitely make the playoffs this year, with Murphy, we can go for it," said defenseman Mike Indurka.

As for his time spent south of the border, Murphy was happy to see a friendly face and a former teammate in Carolina.

"For sure, Jeff Skinner, he's an old friend. He helped me out a lot, Murphy said.

Murphy may not have played in any number seven games for the Hurricanes but he took a lot away from the experience of being with an NHL club.

"Everything up there happens a lot quicker and everything is always in the right spot as if I learned one thing it was probably to make the puck and keep into the play wherever there is a need to put finishing the puck the whole way," said Murphy.

## It's do or die time for many Condor teams

By JANE ROBINSON

It's coming down to the fourth quarter for the Condors.

As the first half of the fall season comes to an end, Conestoga is in the mix of things and fighting for a playoff spot in each sport.

Conestoga initially made noise during the first week of the season when two Condors were named Player of the Week. Jennifer Dineen, Penn State, was named the women's rugby star who scored the game winning try in Conestoga's first-ever game. Forward Samantha Fowler was the third for women's soccer who she scored a hat trick in the opening game of the season which gave Conestoga a 4-1 victory over Mohawk.

"These's great players on each team," said Conestoga athletic director Markie Ford. "When I really like to show all of our teams in that

spirit of the team focus on one player. It's not one player that's winning or losing these games, all our coaches have really instilled that it's a team sport."

The opening week of the season also saw some great performances during the first cross country meet at Penn State. The women's team had two top 50 finishers, Stephanie Morgan finished 7th with a time of 21:35 while Heidi Beckwith placed 11th with a time of 22:25. The men's team had one runner finish in the top 50. Brandon Hancock finished 16th with a time of 30:15.

With a few more cross country meets remaining Ford is hopeful that some of Conestoga's runners will qualify for nationals.

"We tested our cross-country running team to pure stress," she said. "We're sending 13 runners to the provincial championships and we're

hoping from there we'll be able to send some of them to nationals."

The men's soccer team got off to a tough start as they faced the top two teams in the province.

However, Conestoga redeemed their selves as they won their next three games putting the team in the playoff race.

The women's soccer team is also fighting for a playoff spot. The team has hosted a winning record of 4-3 which has put them one win away from making the playoffs. They are currently tied for fourth with Mohawk; however, a win against Lunenburg in their next game would clinch a playoff spot for the Condors.

Ford said it's been a long race since the soccer team made the provincials and she would like to see them make it this year.

"We're always got to make these playoff games and just let out, as it would be nice if they

could get through," she said.

The women's rugby team is in good shape to make the playoffs as well.

They have put up an impressive record to begin the season and are currently in second place in their division. The division consists of the only three returning teams from last season.

"If they keep it up I think it's a matter of when they'll be playing for a gold medal," said Ford. "They've been definitely a pleasant surprise - with a brand new coach, brand new team, they have a great work ethic."

With the season coming to an end, every team is working hard to represent Conestoga and to bring the best in the Ontario College Athletic Association.

"We just have good teams that are working really hard," said Ford. "Right now we do as the games go along all our letters and that's very exciting."

### Conestoga box scores

Week of Oct. 13 to 16

By JANE ROBINSON

#### Men's Soccer

Oct. 11 Mon 1-0 against Niagara  
Oct. 13 Wed 2-1 against St. Clair

#### Women's Soccer

Oct. 12 Wed 0-0 against Niagara  
Oct. 14 Mon 3-0 against St. Clair

#### Men's Rugby

Oct. 10 Sat 21-15 against Niagara  
Oct. 17 Sat 20-28 against Ontario

#### Women's Rugby

Oct. 12 Sat 20-7 against Niagara  
Oct. 14 Mon 15-4 against Ontario

#### Men's Football

Oct. 12 Sat 20-7 against Niagara  
Oct. 14 Mon 15-4 against Ontario

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**Psychic Readings**  
 WITH DAN VALKOS  
 TUESDAY, OCTOBER 25<sup>TH</sup>  
 IN THE SANCTUARY AT 10PM  
 CLEVELAND CROCODILE

ADULTS &  
 OVER 21 ONLY  
**TONY LEE**  
**XXX**  
**HYPNOTIST**  
 WEDNESDAY  
 OCTOBER 26, 2011  
 10-11 PM  
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**BASH**  
 WHEN: 9:00 PM - 1:00 AM  
 WHERE: CSI SANCTUARY  
 THURSDAY, OCTOBER 27, 2011  
**\$3**  
 CLEVELAND CROCODILE

